

A Wellbeing Assessment Tool

Many of us recognize the importance of wellbeing, but it is easy to get caught up in our busy schedules to the neglect of some of our needs.

Find out your level of wellbeing by rating each of the following dimensions.

Circle the number that best describes you.

	Very Unhealthy	Somewhat Unhealthy	Somewhat Healthy	Very Healthy
Physical Health	1	2	3	4
Social Health	1	2	3	4
Emotional Health	1	2	3	4
Spiritual Health	1	2	3	4
Intellectual Health	1	2	3	4

After completing the above section, decide which area(s), if any, you think you should work on improving. Now answer the following set of questions regarding each dimension of wellness. Indicate how often you think the statements describe you.

Physical Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I maintain a desirable weight.	1	2	3	4
2. I engage in vigorous exercises such as brisk walking.	1	2	3	4
3. I do exercises designed to strengthen my muscles and joints.	1	2	3	4
4. I warm up and cool down by stretching before and after vigorous exercise.	1	2	3	4
5. I feel good about the condition of my body.	1	2	3	4
6. I get 7-8 hours of sleep each night.	1	2	3	4
7. My immune system is strong and I am able to avoid most infectious diseases.	1	2	3	4
8. My body heals itself quickly when I get sick or injured.	1	2	3	4
9. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
10. I listen to my body; when there is something wrong, I seek professional advice.	1	2	3	4

Social Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. When I meet people, I feel good about the impression I make on them.	1	2	3	4
2. I am open, honest, and get along well with other people.	1	2	3	4
3. I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
4. I try to be a "better person" and work on behaviours that have caused problems in my interactions with others.	1	2	3	4
5. I get along well with the members of my family.	1	2	3	4
6. I am a good listener.	1	2	3	4
7. I am open and accessible to a loving and responsible relationship.	1	2	3	4
8. I have someone I can talk to about my private feelings.	1	2	3	4
9. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
10. I consider how what I say, might be perceived by others before I speak.	1	2	3	4

Emotional Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I find it easy to laugh about things that happen in my life.	1	2	3	4
2. I avoid using alcohol as a means of helping me forget my problems.	1	2	3	4
3. I can express my feelings without feeling silly.	1	2	3	4
4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.	1	2	3	4
5. I am a chronic worrier.	4	3	2	1
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.	1	2	3	4
7. I feel good about myself and believe others like me for who I am.	1	2	3	4
8. When I am upset, I talk to others and actively try to work through my problems.	1	2	3	4
9. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
10. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

Spiritual Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I take time alone to think about what's important in life - who I am, what I value, where I fit in, and where I'm going.	1	2	3	4
4. I have belief in the importance of things beyond myself.	1	2	3	4
5. I engage in acts of caring and good will without expecting something in return.	1	2	3	4
6. I feel sorrow for those who are suffering and try to help them through difficult times.	1	2	3	4
7. I feel confident that I have touched the lives of others in a positive way.	1	2	3	4
8. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
9. I am content with who I am.	1	2	3	4
10. I go for the gusto and experience life to the fullest.	1	2	3	4

Intellectual Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I tend to act impulsively without thinking about the consequences.	4	3	2	1
2. I learn from my mistakes and try to act differently the next time.	1	2	3	4
3. I follow directions or recommended guidelines and act in ways likely to keep others and myself safe.	1	2	3	4
4. I consider the alternatives before making decisions.	1	2	3	4
5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	1	2	3	4
6. I tend to let my emotions get the better of me and I act without thinking.	4	3	2	1
7. I actively try to learn all I reasonably can about an issue before making decisions.	1	2	3	4
8. I manage my time well, rather than time managing me.	1	2	3	4
9. My friends and family trust my judgment.	1	2	3	4
10. I think about my self-talk (the things I tell myself) and then examine the real evidence for my perceptions and feelings.	1	2	3	4

Personal Checklist

Now, total your scores in each of the dimensions and compare it to the ideal score. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?

	IDEAL SCORE	YOUR SCORE
Physical Health	40	
Social Health	40	
Emotional Health	40	
Spiritual Health	40	
Intellectual Health	40	

What Your Scores Mean

Scores 35 - 40: Outstanding! Your answers show that you are aware of the importance of this area to your overall wellbeing. More importantly, you are putting your knowledge to work for you by practicing good wellbeing habits. It's likely that you are setting an example for your family and friends to follow. Although you received a very high score on this part of the test, you may want to consider other areas where your scores could be improved. Counselling Service

Scores of 30-35: Your wellbeing practices in this area are good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score? Even a small change in behaviour can often help you achieve greater wellbeing.

Scores of 20-30: You have some wellbeing risks. You may benefit from more information about the challenges you are facing. Perhaps you need help in deciding how to make the changes you desire. Help is available from the University. You can schedule an appointment with one of our Counselling Service staff for a personal and confidential one-on-one session.

Scores below 20: You may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. Contact the University Health Service or the University Counselling Service

This tool is adapted from that at the McKinley Health Centre at the University of Illinois:

http://www.mckinley.uiuc.edu/units/health_ed/health_education.htm